NATURES CURES

50 Of The Best Natural Remedies To Use To Heal And Protect Yourself

Nature's Cures

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Introduction

This book will introduce to you the healing wonders of nature. Everything we need to stay healthy and to treat ailments is present in the environment. Herbs contain natural compounds that, when harnessed and used right, can keep the body healthy and fit.

Over the years, synthetic chemicals have been dominating the health world. People consume millions of drugs for every ailment, as simple as a common cold to as serious as cancer and psychologic illnesses. It is also known that these synthetic drugs cause side effects that may be simple discomforts or some other more serious health condition.

In order to heal the body, turning to natural remedies are a better option, safe, all-natural and proven. Natural remedies have been around since the dawn of time. Only good, safe and effective treatments can withstand the test of time.

Chapter 1 - History of Natural Remedies

Natural remedies, natural cures, herbal medicine - by any other name, is a method of healing or revitalizing the body through the use of plant parts. Seeds, leaves, fruits, flowers, bark, stems and roots of particular plants are used for medicinal purposes. They are made into teas, tinctures and several other forms. They are eaten, drank, applied on the skin or used in baths. There are loads of things that can be done to harness nature's pharmacy - if one knows what to use and how to use it.

The practice of turning to nature for healing goes back to ancient times. Before people knew about the modern-day science of drugs and healing, people in ancient times have already used herbs for treatment. Even as far back as 3000BC, different ancient societies were using plants and plant extracts in healing and in rituals. And the tradition has been passed on to succeeding generations.

As modern science developed, people began to harness the different chemicals in plants and concentrated them into pill forms. Over time, synthetic chemicals replaced these plant extracts. Society began to use more of these drugs over traditional herbal remedies.

In recent years, a surge of scientific research focused on analyzing and improving known herbal remedies. With new scientific backing, natural cures are returning into the health care. The WHO (World Health Organization) has estimated that in recent years, about eighty percent of people are relying on the use of herbal medicines in healing or restoring the body's vitality.

The increase in interest and use of herbal products has been spurned by the growing cost of synthetic medicine. People are looking into more affordable treatments. Also, most of them are also planning to return to more natural remedies due to drug side effects that may often cause irreversible damage.

Exactly how herbs work to achieve the desired result is still under research. However, scientists believe that the many chemicals in whole herbs work along each other in producing the desired therapeutic effects.

Over the past few decades, herbal remedies are made even more accessible and convenient through packaged herbal supplements. They now come in pills, tablets, oils and packaged teas. Some are also incorporated in food products like herb-infused oils or beverages with herbal extracts. Most common supplements in the market are those that contain the following herbs:

- Echinacea (*Echinacea purpurea*)
- Ginkgo (*Ginkgo biloba*)
- St. John's wort (*Hypericum perforatum*)
- Ginseng (*Asian ginseng* or Panax ginseng and American ginseng or *Panax quinquefolius*)

- Garlic (*Allium sativum*)
- Saw palmetto (*Serenoa repens*)
- Valerian (*Valeriana officinalis*)
- Golden seal (*Hydrastis canadensis*)
- Chamomile(*Matricaria recutita*)
- Ginger (*Zingiber officinale*)
- Milk thistle (*Silybum marianum*)
- Evening primrose (*Oenothera biennis*)
- Feverfew (*Tanacetum parthenium*)

There are hundreds to thousands of herbs used for various health benefits and cures. The recent revival of using natural cures spurned scientific research that backs up the therapeutic claims of these herbal cures.

Chapter 2 - Natural Herbs for Detoxification

Detoxification and cleansing the body is important. The body is like a machine that needs oiling and cleaning every once in a while. It is exposed everyday to toxins from the environment, food and even from its own chemical and metabolic processes. Herbs are great in cleansing the body, particularly the liver and the kidneys. These organs need cleansing so that they will be more efficient in their functions in cleaning the rest of the body.

Chicory root

Chicory is used as a substitute for coffee because of its dark and rich flavor. It is also a potent digestive tonic. Regular intake helps in getting rid of excess water and uric acid in the body, without decreasing the body's potassium and mineral levels. It helps in supporting the heart and the liver in their functions, by strengthening them.

Dandelion root

Dandelion root helps in regulating the digestive process and supports the liver. The bitter compounds of dandelion root tonify the liver and the rest of the digestive system. It also acts as a natural diuretic and a gentle laxative, helping in eliminating toxins form the body.

Regular intake is best to reap the medicinal benefits. Drink a cup of dandelion root tea in the morning. In a cup of boiling water, add a teaspoon or dried, chopped root. Steep for 10 minutes before drinking.

Sassafras

For hundreds of years, sassafras is used for its medicinal value. It is traditionally used as a spring tonic. The tea from the roots is used for its blood purifying effects. The essential oils are used as liniments for its other medicinal benefits.

Burdock

For centuries, burdock has been used as a nutritive liver tonic. It helps clean the blood from toxins. It also acts on the kidneys to stimulate waste elimination, acting as a natural diuretic. When drank, the compound sin burdock promotes sweating to remove toxin buildup in the skin. It also stimulates the excretion of excess uric acid in the blood via the kidneys.

Barberry

Barberry is a bitter tonic used to cleanse and support the liver. It helps to clean a congested system (meaning, buildup of toxins in the blood), which reduces the effectiveness of liver function.

Stinging nettle

The extracts from the roots of stinging nettle are great natural diuretics. By increasing urination, elimination of excess fluids, toxins and other substances is enhanced. It particularly helps eliminate excess uric acid in the blood. It also helps in preventing water retention.

Chapter 3 - Natural Remedies to Boost Immunity & Protection

A healthy immune system is the body's best defense against illnesses. Eating right, performing regular exercise, getting enough sleep and avoiding exposure to harmful chemicals are essential in keeping the immune system healthy and functioning at its top performance. Nature, too, has some herbs that can help in boosting the body's system, by way of natural herbal remedies.

Antioxidants in herbs provide protection against damage from free radicals.

Here are the top natural remedies that provide immune boosting and protection, and how to use them.

Echinacea

Echinacea pupurea and other related species are known for their benefits in boosting the body's immune system. It has a lot of antioxidants and other immune-boosting compounds. A study in the University of Florida showed that taking Echinacea increases immune activity threefold. It has been shown that Echinacea stimulates the activity and capability of infection fighting cells of the immune system like macrophages.

Aside from boosting the immune system, Echinacea is also more popularly used as a preventive, as well as natural treatment for colds. Studies on the effectiveness of Echinacea showed that those who took this herb have 58% less chance of getting colds. Taking the herb during a cold also decreases the average days of the ailment by 1.4 days. Consult a physician about taking echinacea when also taking other medications or suffering from immune disorders such as allergies and autoimmune conditions.

This herb is more available as a supplement, in powders, teas and capsules. Just follow the directions for use by the manufacturer. Generally, 1 to 2 capsules of Echinacea supplements, for up to 3 times a day is recommended. Or, a tincture can be made and use 1 dropperful twice a day. Tea can be made by steeping 1 to 2 teaspoon of dried Echinacea in 1 cup of boiling water for 10 to 15 minutes. Drink Echinacea tea up to 3 cups per day.

At the first sign of illness, increase the dosage.

Garlic

Active compounds in garlic are very potent antioxidants and very effective antimicrobial capabilities. It also contains a good amount of sulfur compounds that have been shown in several studies to be effective at fighting cancer cells. Garlic also contains the mineral selenium, which is good at boosting the overall immune function.

To reap the benefits, eat one garlic clove daily, either raw or lightly cooked. Too much cooking time releases the potent compounds. The best way is to take garlic raw. Try to slice it thinly and add to salads or dips.

Ginseng

Ginsenosides are the active compounds in ginseng that have proven health benefits based in numerous studies. These active compounds in ginseng have proven anti-inflammatory and anti-cancer properties. Other clinical studies have found that ginseng also help in improving the immune system. It also aids in improving psychological functions. Another health benefit of ginseng is its role in controlling diabetes.

Spirulina

This is a sea algae that recent studies found to have lots of health promoting compounds. It boosts immune function and helps in protecting against cancer. It has large amounts of minerals selenium and iron that act similarly to antioxidants, protecting the cells from damage.

Spirulina is readily available in tablets, capsules or powders. Take 5 grams each day of the tablet or capsule. For the powder form, 1 tablespoon can be added to juice or smoothies each day.

Ginger

Ginger is known to reduce inflammation in the body. They also alleviate symptoms related to cardiac conditions. Extracts used in various clinical studies showed that they are also effective in lowering the cholesterol levels.

Caution should be exercised in taking ginger, as it can cause blood problems. Experts suggest that no matter what form of ginger is taken (eaten raw, as tea, powder or supplement form), do not exceed 4 grams per day.

Ginkgo

For centuries, Ginkgo biloba has been used as treatment for problems affecting the circulatory system. Studies have shown that this herb dilates the blood vessels, which improves the circulation of blood. Some studies show that ginkgo helps in treating intermittent claudication, a condition brought about by poor circulation of blood in the legs.

It also decreases the stickiness of platelets in the blood, making blood less viscous and flowing better. Ginkgo increases the effects of blood thinning medications such as heparin when taken together. This may cause some serious bleeding problems. It is best to consult a physician if on blood thinners before taking ginkgo supplements.

Ginkgo is also known in traditional medicine as a good memory enhancer. In some studies, it shows promise as a treatment for dementia and Alzheimer’s disease. By improving blood flow to the brain, brain cells are able to maintain health.

Another study showed that ginkgo biloba has protective properties against radiation poisoning. In a study, ginkgo extracts were able to neutralize free radicals and oxidizing agents from exposure to radiation. This way, cells are protected from

damage and death. They were even proven to reduce brain cell damage by as much as 50%.

Ganoderma

Also known as reishi, ganoderma is a bitter mushroom that has long been used in Chinese traditional medicine. It is popular for its effect in assisting with health and longevity. Studies on ganoderma extracts showed that it helps in strengthening the immune system. It also has potent anti-cancer properties.

It is traditionally used as a tonifying agent to boost the body's energy. It stimulates the production of white blood cells for protection against diseases. Ganoderma inhibits the growth of flu-causing bacteria and viruses that are already inside the body. It also increases the body's production of cytokines, TNF (tumor necrosis factor), interleukin and interferon, all acting against cancer.

Astralagus

This herb is also a part of Chinese traditional medicine. It tonifies the body, which means it brings balance to the body's energy. Studies have confirmed that astralagus helps in improving the body's specific and nonspecific immunity function. It stimulates the production of white blood cells, depending on the dose. When taken with other drugs (such as antibiotics), astralagus enhances the drug's overall effectiveness. When taken alongside chemotherapy drugs, it potentiates the drugs' anti-cancer effects. At the same time, astralagus reverses the immunosuppressive effects of chemotherapy. Astralagus also directly inhibits the growth of cancer cells.

Turmeric

The active compound in turmeric is cucurmin. It has good antioxidant and antibacterial properties. Turmeric helps in reducing inflammation in the body. The active compounds in turmeric stimulate the body's adrenal glands to produce hormones that reduce inflammation.

The liver is also protected by turmeric. Its compounds help in protecting the liver against toxins and alcohol. Turmeric also enhances bile flow, which helps in eliminating toxins and relieves some digestive problems.

Oregano oil

Oregano oil has been shown to boost the immune system. It also improves the digestion functioning. The active compounds get rid of the bad bacteria in the gut. It is best to take just 200 mg of oregano oil three times each day. Spread the use throughout the day, not all at once. Add a tablespoon of oil to food at each meal, rather than using a lot at one time.

Chapter 4 Natural Remedies for Mood and Stress

Mood and stress have a large impact on life and productivity. Pharmaceuticals can have really nasty effects that may even cause bigger problems than just bad mood and stress. The good thing is that nature, too has great herbs for improving the mood.

Kava kava

Also known as *Piper methysticum*, kava kava is widely used in improving the mood, promote relaxation and stimulate a feeling of contentment and well-being. Studies have shown that kava is useful in the treatment of insomnia and anxiety. However, concerns about liver damage regulate the use of kava kava. Caution is advised. Liver damage may be from drug-herb or herb-herb interaction and not from kava alone. This herb is available in pill form or as teas.

St John's wort

St John wort or Hypericum perforatum is well known as an antidepressant herb. Studies show that this herb helps alleviate the symptoms of mild to moderate depression. It has even fewer side effects compared to prescription medications for depression. While it is generally safe, St John's wort can cause unwanted effects when taken with other herbs, vitamins and medications. Consult a doctor for safety.

Valerian

Valerian officinalis is a popular herb for sleep disorders. It is the safer and gentler alternative to most sleep medications. Studies have shown that valerian is as effective as other sleep medications, with fewer side effects like morning drowsiness. Caution should be exercised when taking valerian with other types of medications, especially psychiatric medications.

Green tea

Green tea is used by Japanese Buddhist monks for centuries, helping them in their long hours of meditations. Studies have shown that green tea contains an important amino acid called L-theanine. This amino acid helps in regulating heart rates and blood pressure, preventing it from increasing to abnormally high rates. This way, it calms the body and reduces feelings of anxiety. Another study even showed that taking 200 mg of L-theanine before facing a stressful situation helps in keeping a calmer and more focused demeanor.

The amino acid L-theanine is especially rich in green tea. Benefits are reaped by drinking at least 5 cups and up to 20 cups in day.

Chamomile

A cup of chamomile tea can do wonders to jitters. Chamomile has long been known for its calming effect. Clinical studies have shown that active compounds in chamomile binds to brain receptors that medications like Valium does, which produces the calming effect on the body. A study found that people suffering from GAD (generalized anxiety disorder) had significantly lowered anxiety symptoms when taking chamomile supplements daily for eight weeks.

Aside from tea, chamomile is also available in tablet or capsule supplements. On the average, a supplement contains 1.2% of the active ingredient apigenin, which is responsible for chamomile's calming effect.

Passion Flower

This natural sedative is used as a natural remedy for anxiety and mild panic attacks. The flower comes from a woody vine that bears grandilla, small berry-like fruits. The flowers are brightly colored. The vines growing above ground is the one actually used for herbal remedies. Extracts are obtained from this portion of the vine. The compounds in the extract are used for treatment of ailments that involve the central nervous system. These active ingredients promote emotional balance and relieve nervousness and anxiety.

Passion flower is classified as GRAS or Generally Recognized As Safe. This means that passion flower supplements have a long history of safe use, based on history of use in foods and in scientific research.

Winter cherry

This herb relieves the tension in the nervous system, mental fatigue and anxiety. The winter cherry or Ashwagandha root is from a small evergreen shrub. It is best known for its adaptogenic properties. Adaptogenics are compounds that help in relieving stress and improve energy levels. They improve the body's ability to resist emotional and physical stress naturally. This herb is actually an important one in Ayurveda, an ancient Hindu traditional healing method. Winter cherry is used to promote emotional balance and gentle relaxation. The most benefits are gained after daily taking the herb for 2 to 6 weeks.

Arctic Root

Rhodiola rosea relieves anxiety and provides support in times of stress. This herb is indigenous to Siberia, in dry arctic climate and high altitudes. The active medicinal compounds are taken from the root. Arctic root extracts have potent adaptogenic properties, boosting the body's ability to withstand emotional and physical stress. Clinical studies found that Arctic root naturally increases the levels of serotonin, dopamine and norepinephrine, brain neurotransmitters that influence mood and overall health.

Hops

The stuff used in making beer. The benefits of hops, however, are not obtained by drinking beer. The medicinal benefits of this bitter herb are obtained from its volatile oils in the form of extracts and tinctures.

Hop extracts are very bitter. They are not often used as teas alone, but rather in combination with mint and chamomile.

Lemon balm

Lemon balm is also known as *Melissa officinalis*. It has been used for hundreds of years since the Middle Ages as an herbal treatment for anxiety and stress. Lemon balm is also known for improving sleep. Studies have shown that lemon balm extract produces calmness and improves alertness. About 600 mg per day is enough to produce its desired effects.

Limit the use to not more than 600 mg. Some studies found that taking more lemon balm extract worsens anxiety. Start with a small dose. Lemon balm is available as teas, tinctures and in capsules.

Lavender

Lavandula hybrida is one of the most well known herbs for aromatherapy and natural remedy. The invigorating scent of lavender is believed to be an “emotional anti-inflammatory”, promoting relaxation in the body and calmness of the mind. One study even showed that lavender pills are effective at reducing GAD (generalized anxiety disorder). This form of lavender was found to work in the body similar to that of lorazepam, a drug in the same category as Valium.

Licorice root

This plant part contains natural hormones similar to that of the body’s cortisone. This hormone helps the body in coping with stress. It helps in normalizing the blood sugar levels and stimulating the adrenal glands, both of which energizes the body to help deal with stressful situations. Licorice root can be used as a soothing tonic drink. The root is steeped in a cup of boiling water for 10 to 15 minutes, cooled to a just-warm temperature and drank as tea.

Motherwort

This is another herb that helps in calming the nerves and helps the mind to be more focused. Tea can be made from the dried leaves. The herb has a bitter taste, so add a teaspoon of honey or a few drops of lemon to improve the taste.

Oat straw

Oat straw refers to the dried milky tops of the oat plant. They make an excellent herbal tea that soothes and calms the mind. It is a common herb used as a tonic for the nervous system. Oats are also rich in B vitamins that help the body fight stress.

Wild lettuce

This herb has relaxing and sedating effects, which help in calming anxiety and restlessness. It can also help in relieving insomnia. The milky sap of the wild lettuce plant contains the active compounds that promote its healing benefits. The sap is released when the plant is cut, either the leaves or the flowering tops. The thick sap is made into alcohol tinctures.

The leaves and flowering tops can also be dried, crushed and made into teas or capsules.

California poppy

This herb is one of North American oldest remedies used for illnesses related to stress. High amounts of intake can lead to stress and anxiety reduction. They also have a sedating effect. Though similar in name, California poppy has a much milder effect than opium.

The roots and other plant parts are made into tinctures or teas. They are also dried and powdered, then made into capsule supplements.

Skullcap

The species that contain scutellarin compound are used in herbal medicine. They are used for centuries as nerve tonics and sedatives. They relieve symptoms of anxiety, nervous tension and nerve pain. Women who take skullcap report calming effects during anxiety attacks associated with hormonal imbalance.

Skullcap is available in capsule form, teas or tinctures. The tinctures are made from the fresh herb.

Chapter 5 - Natural Remedies to Cure Common Ailments

The body will get sick at some point. Sometimes the stress can be too much for the body to handle. Sometimes, environmental exposures may prove more than the body's immune system can handle. Medications abound to treat practically anything- from headaches to colds and flu. But like most other medications, they may carry harmful chemicals or cause side effects that may prove harmful over time. NSAIDs, for example, are nonprescription pain relievers that anyone can just pop into the mouth any time pain is felt. While generally safe, long-term use can increase the risk for bleeding and ulcers. Other medications pose dangers as well.

Nature comes to the rescue yet again. Many herbs naturally provide relief for aches and pains.

Headaches

Headaches can be caused by just about anything- from exposure to certain fumes, stress, too much heat, low or high blood sugar, high blood pressure, etc. It is a too common occurrence and one of the reason for taking pain reliever medications too often. As has been mentioned, long-term medications can cause liver damage, bleeding problems and ulcers, among many other side effects. To avoid these, try some of nature's cures- simple, effective and best of all, safe.

Feverfew

This is one of the best natural cures for headaches. It is also effective in preventing headaches such as migraines. If migraines do occur, they are often of less severity when feverfew is taken on a daily basis. This herb works in several ways. It limits the release of pain chemicals in the body. Poor blood supply to organs causes pain. Feverfew improves the blood supply by preventing the constriction of the blood vessels, reducing pain sensations. The release of neurotransmitter serotonin that signals pain to the brain is prevented, also reducing pain.

The active compound in feverfew responsible for all these is parthenolide. Clinical studies have shown that 250 mg of parthenolide per day is the recommended minimum dose to reduce the frequency and severity of migraines effectively. Feverfew should be taken on a daily basis and the effects start to be felt after 4 to 6 weeks.

The best way to take feverfew is through capsule supplements or fresh leaf. Fresh leaves may be eaten raw, but this method may cause mouth sores in some individuals.

Vervain

The roots, flowers or leaves of vervain are good natural remedies for headaches, and colds, congestion fever, and sore throat. This herb contains compounds that soothe the nervous system, promoting relaxation and calmness.

Colds

Everybody gets colds. Some more often than others. Cold medications only target symptoms and do not really cure or prevent future colds. Herbs help in preventing and reducing the frequency and susceptibility of catching colds. When colds are already present, taking some herbal preparations reduce severity and the length of sick days.

Eucalyptus

The leaves and essential oil of eucalyptus have several uses, which includes relief for colds, arthritis, congestion, sore throat, and for cuts and wounds. The essential oil contains 70% of the following compounds: pinenes, cineole, cuminaldehyde, sesquiterpene alcohols and aromadendrene. These compounds all work together to provide relief and some level of antiviral and antibacterial properties, calming and analgesic effects.

Steam treatments to reduce congestion

Mix lavender, mint or eucalyptus (leaves or essential oil) and 2 cups of steaming hot water in a medium-sized bowl. If using leaves, place a handful. If using oil, use 8 drops. Get a dry towel. Cover the head and side of the face. Lean over the bowl. Breathe the steam slowly. From time to time, gently blow the nose to remove the mucus as they are loosened. Continue doing so for about 5 minutes or until there is no longer any steam.

Ginger

Ginger tea is very effective in relieving colds and flu. This herb has at least a dozen compounds with antiviral properties. Fresh or ground ginger can be used. A teaspoon of fresh ginger or ½ teaspoon of ginger powder is added to a cup of boiling water. Steep for 10 minutes and drink as tea to relieve colds and flu symptoms.

Peppermint

This is one of the major herbs used as natural cures for cold and flu. It relieves several symptoms at once. It relieves associated headaches, nasal and chest congestion, fever, nauseas and muscle aches. The oil can be used to massage the chest and throat. Massaging lets the aromatic oils permeate the muscles for relief, and the aroma released to relieve congestion. Peppermint tea can be used to relieve fever and other associated symptoms. Use peppermint oil sparingly in teas, as it can cause negative side effects like stomach upset in large amounts.

Anise seed

The phytochemicals in anise seeds help in relieving nasal and chest congestion in cold and flu. The phytochemicals responsible for the medicinal benefits are alpapinene and creosol. These also help in relieving coughs. They act as expectorants and antiseptics in the mucus membranes. They kill microorganisms while clearing the lungs and sinuses.

Black pepper

One of the oldest spices used for cooking and traditional medicine. It has been recorded in Greek medicine, as seen in the Herbals of Dioscorides and Galen. Compounds in black pepper helps in expectorating mucus in coughs, clearing up congestion in the lungs and in the nasal passages. It can be added to other herbal teas to activate the compounds responsible for herbal health benefits.

Sore throat

Lemon Throat Soother

Lemon has always been used to soothe sore throats. A handy way to use this herb is by making a throat spray. This mixture can last up to 2 weeks if stored in a fridge.

Mix 15 drops of lemon oil and 5 drops of peppermint oil in ¼ cup of water. Place in a mist or small spray bottle. Whenever the throat becomes sore, open the mouth and spray the mixture into the throat. Repeat whenever necessary.

Sage (or Hyssop) Gargle

Sage is also a calming herb, as well as anti-inflammatory herbal remedy. It is often added into mouthwashes because it can reduce inflammation of a sore throat. Hyssop also has these same qualities.

Boil 1 cup of distilled water. Place 1 tablespoon of fresh sage leaves (or hyssop) or 1 teaspoon of dried leaves in a bowl. Pour the boiling water and steep the leaves for about 20 minutes. Strain. Add a half teaspoon of salt to the tea. Store the mixture in the fridge while not in use. Whenever relief from sore throat is needed, take a mouthful just enough for a gargle.

Chrysanthemum

Tea from chrysanthemum is very popular for prevention and natural remedy for sore throat and fever. It is considered a cooling herb that eliminates the heat form the body, according to Chinese traditional medicine.

Pain

Peony root

The root of the peony plant is more valued in Chinese traditional medicine. It has potent properties in relieving abdominal pain, sore and injures, as well as night sweats and abnormal menses.

Decoctions are more commonly used, in combination with other Chinese traditional medicine formulations. To make, add 1 ounce of dried root to about 1 pint of boiled water.

Cayenne peppers

Cayenne peppers improve blood circulation, which helps in relieving pain. It is especially used to relieve low back pain and pain associated with arthritis. It also decreases substance P, which is responsible for the transmission of nerve pain. It also contains good amounts of salicylic acid (natural aspirin compounds), responsible for its analgesic effects.

Rosemary oil

The oil and essential oil of the herb rosemary helps in relieving pain associated with sciatica, neuralgia and arthritis. It promotes good blood flow to allow healing and relief of pain.

Wintergreen

Wintergreen is a potent analgesic. It is rich in gaultherin, a conjugate of salicylic acid. This compound is especially high in wintergreen *Glautheria procumbens*.

Boswellia

The gum resin of the plant contains analgesic and anti-inflammatory properties. Acids in boswellia relieve symptoms associated with arthritis like joint pain and inflammation. The acids deactivate the hormones that trigger pain and inflammation.

Clove oil

Another good pain relief that should be in the first aid kit of every home is clove oil. It is best as analgesic and antiseptic treatment for toothaches, gum disease and even bad breath. This oil can also be added to various massage oils that can help in easing pain related to arthritis and muscle soreness. Dilute clove oil and add to massage oils, or use as a poultice or compress for ear and dental pain. A few drops on a cotton ball and placed on painful tooth is also effective.

Chapter 6 - Guidelines and Reminders in Using Natural Cures

Herbs are generally safe if prepared well from organic, uncontaminated sources and taken in safe doses. Just make sure to take them with caution, as they may not be good for any chronic illness already present in the body. They may also react negatively with other medications taken.

To reap the benefits and stay safe, follow these reminders:

Contraindications

Herbs are generally safe. However, sometimes the active compounds may react negatively with the body, either from the natural hormonal and enzymatic action or from other things taken, like medications. It is always best to consult a doctor before taking herbs, especially if the body suffers from certain health conditions. Some herbs can worsen these conditions, like ginkgo which can worsen bleeding problems.

Watch out for side effects

While they are generally safe, some herbs can cause some discomfort. The side effects may be from too much dose, improper preparation, present health condition or interaction with foods, drinks, medications or other herbs. Consult a doctor for safety of use.

Check for contamination

Supplements made from Asian countries have been found to contain high levels of heavy metal contaminants such as cadmium, lead and mercury. Check that the supplements and even fresh or dried forms of the herbs are from reputable sources and manufacturers.

Preparation

While the compounds in herbs remain the same regardless of preparation, some compounds become activated or deactivated during the preparation process. Herbs can be made into teas, decoctions, tinctures, oils, syrups or dry extracts in capsules and pills.

Teas are made from dried or fresh plant parts soaked or boiled in water. The liquids should be strained and drank while hot or warm. Sometimes, lemon juice or honey can be added to improve the taste. However, check with experts because any addition to the tea may cause some unwanted side effects or interfere with the herb’s effectiveness.

Syrups are made by concentrating the herbal extracts and added to sweet liquids or preparations such as honey. This herbal preparation is often used to relieve coughs and sore throats.

Oils are obtained from the plant parts such as leaves, roots and flowers. This preparation is better used as massage oils or added to creams and ointments. Oils are generally unsafe to ingest. Some exceptions include peppermint oils, but should be ingested only in small amounts.

Liquid extracts and tinctures are prepared by dissolving the active ingredients of an herb in liquids such as alcohol, water or glycerol. Concentrations of tinctures are often at 1:5 or 1:10. Meaning for every part of the active herbal ingredient, it is mixed with 5 or 10 parts of the dissolving liquid, by weight. For example, every ounce of herb is dissolved in 5 or 10 ounces of liquid. Liquid extracts are more concentrated preparations than tinctures. They are most often at a 1:1 ratio.

Dry extracts are the most concentrated form. They are often at a 2:1 to 8:1 ratio. This preparation often comes as lozenge, capsule or tablet.

Labeling

Supplements are not under the regulation of any agency or organization when it comes to labeling. The amount of the active ingredient may vary from each brand. The labels may not be telling the truth. Some herbs may have a standardized dose that all manufactures should follow. However, to be sure and on the safe side, research or ask the manufacturer for the dosing and concentration details.

Conclusion

Thank you for downloading this book.

This book is a helpful guide in taking herbal supplements. It is still best to consult a doctor regarding what herbs are best. Cancer patients, especially, should tell their doctors about what herbs they are taking or they wish to take. Some herbs have anticancer properties, but may disrupt chemotherapy and radiation therapy when used during the course of treatment. Some herbs, also are not to be used by children, pregnant and lactating women. The safety of use is often based on adult studies and the effects on the fetus, newborn and children.

The next step is to start looking for the right herbs that suit your needs. Nature has everything that our body needs in order to stay healthy, protected from sickness and cured from any ailment.

Links To My Other Books

A Ketogenic Diet - Lose Weight NOW Using The Low Carb Ketogenic Diet For Optimal Weight Loss: Optimal Weight Loss

Link: http://amzn.to/QNnxnD

A Ketogenic Diet Plan - An Optimal 6 Week Diet Plan To Lose Weight NOW Using The Low Carb Ketogenic Diet:

Link : http://amzn.to/1mZHMK

A Ketogenic Diet And The Low Carb Diet Box Set : 2 In 1 Ketogenic Diet And The Low Carb Diet For Rapid Weight Loss

Link: http://amzn.to/1jEf4iE

A Blood Sugar Solution - A 6 Week Diet Plan To Lose Weight, Burn Fat, And Stay Healthy To Prevent Diseases

Link : http://amzn.to/1glvXxZ

Low Carb Diet: Rapid Weight Loss Guide To Lose Weight Fast With The Low Carb Diet

Link: http://amzn.to/1h2VndZ

The DASH Diet - A 6 Week Diet Plan For Beginners

Link: http://amzn.to/ReVAVt

EASY Juice Cleanse Diet Plan - A 6 Week Juice Cleanse Diet Plan To Lose Up To 5 Pounds A Week Or More!

Link: http://amzn.to/1lDeh3k

A Blood Sugar Solution - A 6 Week Diet Plan To Lose Weight, Burn Fat, And Stay Healthy To Prevent Diseases

Link : http://amzn.to/1gJHVwc

A Cholesterol Solution: Lower Cholesterol Levels Naturally In Less than 4 Weeks

Link: http://amzn.to/1gCtSI1

Obsessive Compulsive Disorder- Proven Cure and treatment to break free from obsessive compulsive disorder forever.

Link: http://amzn.to/1kfWrz6

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Link: http://amzn.to/1nz66FL

Gain Confidence NOW! - A Guide To Gain Self - Confidence, Build self-esteem, and overcoming fear and shyness forever.

Link : http://amzn.to/1gjP59m

Alcohol Recovery – How To Overcome Alcoholism And Alcohol Addiction In Less Than 8 weeks.

Link : http://amzn.to/1lxfC7F

Eyesight Improvement Cure- How To improve Eyesight, Prevent Eyesight Problems And Treat Eyesight Problems Naturally With Remedies

Link: http://amzn.to/1gPloAo

Overcoming Depression – The Ultimate Guide To Overcoming Depression Forever

Link: http://amzn.to/1i42CWg